

## L. OBESITY (BMI)

Obesity has attained epidemic magnitude in the United States, where it has more than doubled in the past two decades. People who are overweight or obese are at greater risk for heart disease, high blood pressure, diabetes, arthritis-related disabilities, and some cancers.<sup>1</sup>

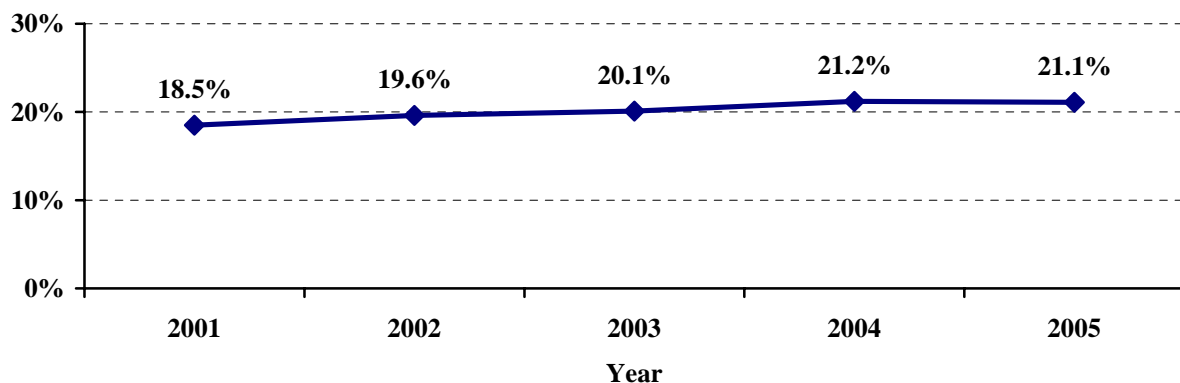
According to the most recent weight guidance, more than 57 percent of adults in America were overweight by self-reported height and weight in 2000.<sup>1</sup> The body mass index (BMI) is a relationship between weight and height and is used to determine obesity and assess health risk. BMI is calculated using the following formula:  $(\text{pounds} \times 0.454) \div (\text{inches} \times 0.0254)^2$  or  $(\text{Kg}/\text{M}^2)$ .

According to the 2005 Arizona BRFSS, 21.1 percent\* of respondents met or exceeded the BMI standard for obesity, defined as a BMI  $\geq 30.0$  (Figure L-1). *Healthy People 2010* Objective 19.2 set a goal of reducing obesity to a prevalence of <15 percent among adults 20 years of age or older.<sup>2</sup>

### Survey Questions:

*About how much do you weigh without shoes?*

*About how tall are you without shoes?*



**Figure L-1.** Arizona BRFSS respondents who reported weights exceeding BMI limits of obesity. *Healthy People 2010* Objective 19.2 is less than 15.0 percent 2001-2005.

In 2005, men were more likely to be obese (21.6 percent, lower than in 2004) than women (20.6 percent, slightly higher than in 2004). Respondents in the 45-54 age group were the most likely to be obese (26.8 percent) while those 35-44 years of age were the next most likely (24.5 percent). Both groups experienced an increase in 2005 from 2004. Those with some college or technical school were most likely to be obese (24.8 percent, slight increase over the rate in 2004) and the next highest group were respondents with a high school education (21.5 percent, decreasing from the 2004 rate). The group most likely to be obese were those with incomes \$15,000 - \$24,999 (24.7 percent, higher than in 2004) with the least likely occurring among Arizonans with incomes less than \$15,000 (19.9 percent, slightly higher than in 2004). Non-Whites were more likely to be obese (24.2 percent, decreasing from the rate in 2004) than

\* 95% Confidence Interval: 18.8%-23.4%.

Whites (19.6 percent, increasing from the 2004 rate). Hispanics (23.0 percent, lower than in 2004) were more likely to be obese than Non-Hispanics (20.5 percent, higher than in 2004).

#### **References**

1. The Burden of Chronic Diseases and Their Risk Factors: National and State Perspectives. CDC. 2004.
2. U.S. Department of Health and Human Services. *Healthy People 2010: Understanding and Improving Health*. 2nd ed. Washington, DC: U.S. Government Printing Office, November 2000.

<b>Arizona BRFSS: Respondents Classified As Obese</b>			
GROUPS	WEIGHTED PERCENT		2005 N*
	2004	2005	
<b><u>Sex</u></b>			
Male	22.2	21.6	399
Female	20.1	20.6	656
<b><u>Age</u></b>			
18-24	15.8	12.0	28
25-34	21.9	17.8	126
35-44	21.8	24.5	204
45-54	25.5	26.8	222
55-64	23.7	24.3	221
65+	17.8	20.0	254
<b><u>Education</u></b>			
Less than High School	21.1	19.5	159
High School Graduate/GED	23.5	21.5	317
Some College/Tech School	24.0	24.8	344
College Grad	16.7	17.7	235
<b><u>Income</u></b>			
<\$15,000	19.4	19.9	150
\$15,000-\$24,999	21.8	24.7	210
\$25,000-\$34,999	21.7	21.7	128
\$35,000-\$49,999	26.5	20.3	167
≥\$50,000	18.3	22.5	272
<b><u>Race</u></b>			
White	18.9	19.6	648
Non-White	26.4	24.2	391
<b><u>Ethnicity</u></b>			
Hispanic	26.7	23.0	298
Non-Hispanic	19.7	20.5	751

**Table L-1.** BRFSS results: Respondents classified as obese, defined as BMI ≥ 30.0. \*N is unweighted.